



**November 2022 Breakfast Menu – K – 8<sup>th</sup> Grades**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>31.</b> <b>1-2oz W/G Banana Muffin</b> <b>1 Fresh Apple</b> <b>4oz Orange Juice</b> <b>8oz 1% Milk</b>	<b>1.</b> <b>1-8 oz W/G Cereal Bowl</b> <b>1 Fresh Apple</b> <b>4oz Apple Juice</b> <b>8 oz 1% Milk</b>	<b>2.</b> <b>1-2.25 oz W/G Triple Berry Cereal Bar</b> <b>1 Fresh Apple</b> <b>4oz Grape Juice</b> <b>8 oz 1% Milk</b>	<b>3.</b> <b>1-2 oz W/G Super Donut</b> <b>1 Fresh Apple</b> <b>4oz Orange Juice</b> <b>8 oz 1% Milk</b>	<b>4.</b> <b>1-2.25 oz W/G Honey Bun</b> <b>Fresh Apple</b> <b>4oz Apple Juice</b> <b>8 oz 1% Milk</b>
<b>7.</b> <b>1-2 oz W/G Blueberry Muffin</b> <b>1 Fresh Apple</b> <b>4oz Orange Juice</b> <b>8 oz 1% Milk</b>	<b>8.</b> <b>1-8 oz W/G Cereal Bowl</b> <b>1 Fresh Apple</b> <b>4oz Apple Juice</b> <b>8 oz 1% Milk</b>	<b>9.</b> <b>1-2.25 oz W/G Triple Berry Cereal Bar</b> <b>1 Fresh Apple</b> <b>4oz Grape Juice</b> <b>8 oz 1% Milk</b>	<b>10.</b> <b>1-2 oz W/G Super Donut</b> <b>1 Fresh Apple</b> <b>4oz Orange Juice</b> <b>8 oz 1% Milk</b>	<b>11.</b> <b>1-2.25 oz W/G Honey Bun</b> <b>Fresh Apple</b> <b>4oz Apple Juice</b> <b>8 oz 1% Milk</b>
<b>14.</b> <b>1-2 oz W/G Blueberry Muffin</b> <b>1 Fresh Apple</b> <b>4oz Orange Juice</b> <b>8 oz 1% Milk</b>	<b>15.</b> <b>1-8 oz W/G Cereal Bowl</b> <b>1 Fresh Apple</b> <b>4oz Apple Juice</b> <b>8 oz 1% Milk</b>	<b>16.</b> <b>1-2.25 oz W/G Triple Berry Cereal Bar</b> <b>1 Fresh Apple</b> <b>4oz Grape Juice</b> <b>8 oz 1% Milk</b>	<b>17.</b> <b>1-2 oz W/G Super Donut</b> <b>1 Fresh Apple</b> <b>4oz Orange Juice</b> <b>8 oz 1% Milk</b>	<b>18.</b> <b>1-2.25 oz W/G Honey Bun</b> <b>Fresh Apple</b> <b>4oz Apple Juice</b> <b>8 oz 1% Milk</b>
<b>21.</b> <b>1-2 oz W/G Blueberry Muffin</b> <b>1 Fresh Apple</b> <b>4oz Orange Juice</b> <b>8 oz 1% Milk</b>	<b>22.</b> <b>1-8 oz W/G Cereal Bowl</b> <b>1 Fresh Apple</b> <b>4oz Apple Juice</b> <b>8 oz 1% Milk</b>	<b>No School</b>	<b>Thanksgiving Observed</b> <b>No Deliveries</b>	<b>No School</b>
<b>28.</b> <b>1-2 oz W/G Blueberry Muffin</b> <b>1 Fresh Apple</b> <b>4oz Orange Juice</b> <b>8 oz 1% Milk</b>	<b>29.</b> <b>1-8 oz W/G Cereal Bowl</b> <b>1 Fresh Apple</b> <b>4oz Apple Juice</b> <b>8 oz 1% Milk</b>	<b>30.</b> <b>1-2.25 oz W/G Triple Berry Cereal Bar</b> <b>1 Fresh Apple</b> <b>4oz Grape Juice</b> <b>8 oz 1% Milk</b>		

"This Institution is an equal opportunity provider"

THIS MENU IS SUBJECT TO CHANGE



**November 2022 Lunch Menu – K-8<sup>th</sup> Grades**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>31.</b>  1-4.2 oz W/G Grilled Cheese 3/4C Broccoli Florets W/Ranch 1 Fresh Apple 8oz 1% Milk	<b>1.</b>  1-2 oz w/G Chicken Patty 3/4 Cup Sweet Potato Tots 1 Fresh Banana 8 oz - 1% Milk	<b>2.</b>  1-2 oz Turkey Hot Dog on W/G Bun 3/4 Cup Baked Beans 1 Fresh Pear 8 oz - 1% Milk	<b>3.</b>  3-1 oz Meatballs on W/G Bun 3/4 Cup Green Beans 1 Fresh Orange 8 oz - 1% Milk	<b>4.</b>  1-4.46 oz W/G Cheese Pizza 3/4 Cup Fresh Carrots 1 Fresh Apple 8 oz - 1% Milk
<b>7.</b>  1-4.5 oz W/G Burrito 3/4 Cup Broccoli Florets w/Ranch 1 Fresh Apple 8 oz - 1% Milk	<b>8.</b>  5-1 oz W/G Corn Dog 3/4 Cup Baked Beans 1 pkg W/G Chocolate Bear 1 Fresh Banana 8 oz - 1% Milk	<b>9.</b>  3-1 oz W/G Chicken Tender 3/4 Cup Green Beans w/Red Peppers 1 pkg w/G Crackers 1 Fresh Pear 8 oz - 1% Milk	<b>10.</b>  1-2 oz Beef Patty on W/G Bun 3/4 Cup Sweet Potato Tots 1 Fresh Orange 8 oz - 1% Milk	<b>11.</b>  1-4.46 oz W/G Cheese Pizza 3/4 Cup Fresh Carrots 1 Fresh Apple 8 oz - 1% Milk
<b>14.</b>  1-4.46 oz W/G Cheese Pizza 3/4 Cup Broccoli Florets w/Ranch 1 Fresh Apple 8 oz - 1% Milk	<b>15.</b>  1-2 oz W/G BBQ Chicken Leg 3/4 Cup Baked Beans 1 W/G Dinner Roll 1 Fresh Banana 8 oz - 1% Milk	<b>16.</b>  1-3 oz Sloppy Joe In Tomato Sauce 3/4 Cup Fresh Potato 1 W/G Bun 1 Fresh Pear 8 oz - 1% Milk	<b>17.</b>  4.5 oz W/G Chicken Patty on W/G Bun 3/4 Cup Green Beans 1 Fresh Orange 8 oz - 1% Milk	<b>18.</b>  1-5 oz W/G Turkey Cheese Sub 3/4 Cup Fresh Carrots 1 Fresh Apple 8 oz - 1% Milk
<b>21.</b>  1-4.5 oz W/G Soft Taco 3/4 Cup Broccoli Floret w/Ranch 1 Fresh Apple 8 oz - 1% Milk	<b>22.</b>  5-1 oz W/G Chicken Nuggets 3/4 Cup Baked Beans 1 Fresh Banana 1 pkg W/G Cracker 8 oz - 1% Milk	<b>23.</b>  <b>No School</b>	<b>24.</b>  <b>Thanksgiving Observed No Deliveries</b>	<b>25.</b>  <b>No School</b>
<b>28.</b>  1-3.25 oz W/G Chicken & Waffle 3/4 Cup Broccoli Florets 1 Fresh Apple 8 oz - 1% Milk	<b>29.</b>  5-1 oz W/G Corn Dog 3/4 Cup Baked Beans 1 pkg W/G Chocolate Bear 1 Fresh Banana 8 oz - 1% Milk	<b>30.</b>  3-1 oz W/G Chicken Tender 3/4 Cup Green Beans w/Red Peppers 1 pkg w/G Crackers 1 Fresh Pear 8 oz - 1% Milk		

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